

## ABSTRACT OF THE DISCLOSURE

A visual aid for using contact lenses comprises an eyeball and a cover that contains the eyeball, and a model contact lens. The eyeball includes a sclera, an iris and a pupil. The cover includes an upper eyelid and a lower eyelid that can be opened and closed. The visual aid also includes a simulated contact lens that can be placed between the eyelids and the eyeball for demonstrating the proper insertion and wearing of contact lenses. The eyelids simulate natural movements of human eyelids. Additionally, methods for using the visual aid for using contact lenses for instruction in insertion, and removal, of contact lenses from the eye are described.